

## Cardwell C. Nuckols, Ph.D.

An internationally recognized expert in such areas as behavioral medicine and addictions treatment, Cardwell C. Nuckols, Ph.D. has been a clinical and developmental consultant for over twenty-five years. During this time, he has consulted with The Central Labor Council (AFL-CIO), United Auto Workers, DuPont, General Motors, United Airlines, and other industries in the area of enhancing productivity. He served as a trainer and consultant to the Federal Bureau of Investigation (FBI), federal court systems, and branches of the armed forces specializing in the areas of antisociality, violence, and trauma.

Dr. Nuckols has also served as hospital administrator. In 1979 he formed his first company, Cardwell C. Nuckols and Associates, a national and international training and consulting organization. During his career he has been awarded national honors including the SECAD and Gooderham awards, as well as being recognized for his contributions to The American Society of Addiction Medicine's Patient Placement Criteria. Dr. Nuckols is also on the review boards of Counselor Magazine and the Dual Network. He writes a column entitled Pharm Report for Counselor magazine.

Dr. Nuckols' educational background includes advanced work in medical research, pharmacology, and psychology. His practical background comes from working with people in various business and clinical settings for over 25 years. Dr. Nuckols is widely published, having authored more than 45 journal articles, 18 books and workbooks, 22 videos, and 17 audiotape series. Dr. Nuckols first book, *Cocaine: Dependency to Recovery* is a trade best seller, as is, his booklets *Quitting Heroin* and *Quitting Marijuana* (Hazelden). His recent works include the book, *healing an Angry Heart* (HCI) and video *Chalk Talk on Drugs* with Father Martin (Kelly Productions). A series on Adolescent Disruptive Disorders is due for release by Hazelden Publications in 2004.

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Menomonie, WI 54751-0790

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**2004 Professional Development Series**  
One-day workshop developed in response to HFS 75.

# The Treatment of Anger and Aggression in Early Recovery A Science Based Perspective

presented by **C. C. Nuckols, Ph.D.**

February 17, Milwaukee  
February 18, Stevens Point  
February 19, Menomonie

Co-Sponsored by:  
National Rural Alcohol and Drug Abuse Network, Inc. (NRADAN)  
New Beginnings  
University of Wisconsin-Stout

# The Treatment of Anger And Aggression in Early Recovery: A Science Based Perspective

Cardwell C. Nuckols, Ph.D.  
Registration: 8:30 a.m.  
Workshop 9:00 a.m. - 4:00 p.m.

**Description:**  
Often the last thing an alcoholic or addict says prior to relapse is some angry remark such as, "If things are this bad I might as well get drunk/high."  
Anger is a common relapse theme in early recovery. Old anger, that cannot be medicated with alcohol and drugs, grows creating interpersonal difficulties with loved ones, and those at work, school, treatment programs or the criminal justice system. Ultimately this anger and rage leads to relapse.  
This skills training event will help clinicians understand the latest research on the treatment of anger and aggression and how this research can be used in the counselor's office or group room. Participants can expect to learn "hands on" technique that has been empirically proven to be effective. The goal is to be able to use scientific understanding to assist the alcoholic and addict with anger management problems that are so commonly encountered during the early recovery period.

- Objectives:**  
Upon completion of this course participants will be able to:
- Understand that anger may be a strategy used to preserve a clients need for control when a situation that causes fear of loss of control (unmanageability) arises.
  - Discuss the current research regarding anger and aggression and how this research can be translated into useful clinical skills
  - Describe empirically proven strategies helpful in working with this angry, potentially aggressive population.

## Registration Form

2004 Professional Development Series  
**The Treatment of Anger and Aggression in Early Recovery**

Name \_\_\_\_\_  
Position/Title \_\_\_\_\_  
SSN\* \_\_\_\_\_  
\*Providing this information is optional, but very important for recording and retrieval of CEU records.  
Address please check one - ☐ home ☐ business  
Street \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Business Name (if applicable) \_\_\_\_\_  
Phone (home) \_\_\_\_\_ (business) \_\_\_\_\_  
FAX \_\_\_\_\_ E-mail \_\_\_\_\_

**Fees:**  
Early registration (through February 9) \$95  
Registration (after February 9) \$115  
\*Fee includes program materials and breaks.  
Lunch is on your own.  
Total Amount Enclosed \$ \_\_\_\_\_

**Please check the location where you will attend:**  
☐ Milwaukee, Feb. 17  
☐ Stevens Point, Feb. 18  
☐ Menomonie, Feb. 19

**Method of Payment:** (please check one)  
☐ Visa ☐ Mastercard ☐ Check (payable to UW-Stout)  
☐ Purchase Order (must accompany registration)  
Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Cardholder Name (please print) \_\_\_\_\_  
Cardholder Signature\*\* \_\_\_\_\_  
\*\*This gives UW-Stout authorization to charge the registration fee to the above card. You may FAX your registration to us if you are paying by charge card. Our FAX number is (715) 232-3385.

**Send Registration Form to:** Stout Solutions, 140 Vocational Rehabilitation Building, University of Wisconsin-Stout, P.O. Box 790, Menomonie, WI 54751-0790 • (715) 232-2793 Fax (715) 232-3385 • email: conference-solutions@uwstout.edu

**VOLUNTARY INFORMATION** University of Wisconsin System asks that you voluntarily respond to the questions below.  
The cumulative demographic information will be used to enhance our programming efforts.

**Gender** ☐ Male ☐ Female  
**Race/Ethnicity**  
☐ Black (African American, not of Hispanic origin)  
☐ Asian or Pacific Islander  
☐ American Indian or Alaskan Native  
☐ Hispanic  
☐ White (not of Hispanic origin)

**Age**  
☐ under 18 ☐ 18-34  
☐ 35-49 ☐ 50-64 ☐ 65+  
**Are you enrolled in this program for career purposes?**  
☐ yes ☐ no

**Occupation/Organization**  
☐ Educational Services  
☐ Health Services (Physical and Mental)  
☐ Protective Services (Police, Guards, Correctional Workers)  
☐ Social, Recreational, and Religious Services  
☐ Other

**General Information**  
**Workshop Facility and Parking:**  
Information will be sent to you with your confirmation.  
**Fee:**  
Early Registration (through Feb. 9) \$ 95  
Registration (after Feb. 9) \$115  
\*Fee includes program materials and breaks. Lunch is on your own.  
**Accreditation:**  
Application has been made for 6 hours of endorsed training through the Wisconsin Counselor Certification Board.  
**Cancellation:**  
A full refund will be granted upon notification on or before the early registration date. Refunds requested after that date will be assessed a \$25 processing fee. No refunds will be made after the start of the program. Substitutions may be made up to two days prior to the conference.  
**Changes:**  
The university reserves the right to make changes in programs and speakers or to cancel programs if enrollment criteria are not met or when conditions beyond its control prevail. Every effort will be made to contact each enrollee if a program is cancelled. If a program is not held for any reason, the university's liability is limited to the refund of the program fee.  
**Accessibility/Special Needs:**  
If you feel you need disability-related accommodations or have other special needs for this program, please notify Stout Solutions by the early registration date.